Healthy Louisville 2020

Frequently Asked Questions

What is Healthy Louisville 2020?

Healthy Louisville 2020, a comprehensive plan to significantly improve the city's health over the next six years. The report contains data on key health indicators such as local rates of cancer mortality, chronic disease, tobacco use, low birth weight babies and obesity. It lays out specific goals and strategies to improve health in Louisville by the year 2020.

What does Healthy Louisville 2020 aim to do?

Healthy People 2020 strives to:

- Engage the entire community to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge
- Identify city-wide health improvement priorities
- Increase public awareness and understanding of the determinants of health, disease, and disability and the opportunities for progress
- Set measurable goals and objectives
- Identify critical research, evaluation, and data collection needs

How were the focus areas determined?

Healthy Louisville 2020 focus areas were selected based on the following criteria:
- Greatest impact on morbidity, mortality and quality of life
- Addresses the root causes of poor health outcomes in addition to traditional public health and health care access issues
- Health conditions that are most heavily impacted by policy, systems, environmental changes as well as by individual behaviors
- Availability and accuracy of data sources

What are the recommendations based on?

The recommendations in *Healthy Louisville 2020* have three major characteristics. They emphasize **prevention**; they advocate **evidence-based interventions** and they take a **health-in-all-policies approach**.

- Research has shown that **prevention** is key for healthy communities and interventions should primarily focus on proactively promoting health and wellness rather than treating disease and disability.
- Only programs that are **evidence-based** and/or outcome driven should be adopted. As such, this report provides recommendations for polices, programs or practices that have been proven to be successful and create meaningful change.
- Louisville Metro Government has adopted a **health-in-all policies** approach to improve health outcomes. Improving health involves more than just healthcare systems. When health is considered in all community planning and policy development decisions, the overall health of the population improves.

Who came up with the recommendations?

The Metro Department of Public Health and Wellness gathered and analyzed data on various community health indicators. A group of local stakeholders, the Mayor's Healthy Hometown Movement Community Coalition, then used the data to prioritize the community's health needs and to identify evidence-based strategies for improvement. The Mayor's Healthy Hometown Community Coalition and Leadership Team will continue to develop an implementation plan for evidence-based strategies and best practices to make sure that *Healthy Louisville 2020* goals are met.

Where does the data come from?

The data in *Healthy Louisville 2020* comes from national, state and local sources. National sources of data include the U.S. Census, the National Cancer Institute, the U.S. Centers for Disease Control and Prevention, the National Cancer Institute the U.S. Environmental Protection Agency, the National Vital Statistics System and the Annie E. Casey Foundation KIDS COUNT. State data sources include the Kentucky Cancer Registry, the Kentucky Department for Public Health, the Kentucky Cabinet for Health and Family Services and the Kentucky Behavioral Risk Factor Surveillance Survey. Local data sources include the Louisville Behavioral Risk Factor Surveillance Survey, the Louisville Childhood Lead Poisoning and Prevention Program and Jefferson County Public Schools.

What should people do with *Healthy People 2020*?

Healthy Louisville 2020 is a shared community agenda and a road map to make us a healthier city. It is designed to **encourage collaboration** across all parts of the community to **empower individuals toward making informed health decisions** and to **measure the impact of prevention activities.**

- **Encourage collaboration:** The goals outlined in the report and the data contained can serve as tools for non-profit organizations, community groups, educational institutions, faith-based institutions and businesses to conduct research and implement initiatives to improve the health of their constituents and of the overall Louisville community.
- **Empower individuals to make informed health decisions.** While the major focus of *Healthy Louisville 2020* is improving community health, the document lays out strategies and contains data and other valuable health information that individuals can use to make decisions that will improve their health.
- **Measure the impact of health activities:** *Healthy Louisville 2020* will be able to be used in future years as a scorecard against which to measure successes and challenges in improving the health of the community.

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